



## INFANT RICE CEREAL

Date: November 2012 Code: 110241

### PRODUCT DESCRIPTION

- Infant rice cereal for babies is completely cooked and flaked. It is to be mixed with breast milk or formula. While it can be mixed with water, breast milk or formula are recommended to provide more nutrients.

### PACK/YIELD

- Infant rice cereal is packed in 8-ounce boxes, which provide about 15 servings ( $\frac{1}{4}$  cup each) of cereal. Since box sizes may vary, check package for exact yield.

### STORAGE

- Store unopened boxes of infant rice cereal in a cool, clean, dry place.
- After opening, keep package tightly closed.
- Look at the "Best if used by" or "Best by" date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:  
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

### PREPARATION/COOKING

- Mix 1 to 2 tablespoons infant rice cereal with up to 4 tablespoons formula or breast milk and stir.
- Cereal should have a soup-like thickness.

### USES AND TIPS

- Infant rice cereal can be fed to infants 4 to 6 months of age and older.
- Sweeteners, salt, or sugar should not be added to infant rice cereal.
- Never serve infant rice cereal out of a bottle. Always serve infant rice cereal out of a bowl with a spoon.
- Infant rice cereal should be served at room temperature, and does not need to be heated.

### NUTRITION INFORMATION

- $\frac{1}{4}$  cup of infant rice cereal has 40% of the daily recommended amount of iron and 15% of the daily recommended amount of calcium.

### OTHER RESOURCES

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.choosemyplate.gov](http://www.choosemyplate.gov)
- [www.fns.usda.gov/fdd/](http://www.fns.usda.gov/fdd/)

### NUTRITION FACTS

Serving size:  $\frac{1}{4}$  cup (15g) dry infant rice cereal

#### Amount Per Serving

<b>Calories</b>	60	<b>Calories from Fat</b>	0
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#### % Daily Value\*

<b>Total Fat</b> 0g	<b>0%</b>	
Saturated Fat 0g	<b>0%</b>	
Trans Fat 0g		
<b>Cholesterol</b> 0mg	<b>0%</b>	
<b>Sodium</b> 5mg	<b>0%</b>	
<b>Total Carbohydrate</b> 12g	<b>4%</b>	
Dietary Fiber 0g	<b>0%</b>	
Sugars 0g		
<b>Protein</b> 1g		
Vitamin A 10%	Vitamin C	0%
Calcium 15%	Iron	40%

\*Percent Daily Values are based on a 2,000 calorie diet.